

LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS	EMPLOYEE DETAILS
NAME	MR. KUMAR PRAMOD
EC NO.	113003
DESIGNATION	DAFTARY
PLACE OF WORK	HARIPUR,SULTANPUR
BIRTHDATE	30-05-1990
PROPOSED DATE OF HEALTH CHECKUP	22-04-2023
BOOKING REFERENCE NO.	23J113003100057650E

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **11-04-2023** till **31-03-2024** The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.


Yours faithfully,


Sd/-

Chief General Manager
HRM Department
Bank of Baroda


(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited))

Dr. Pawan Kumar Singh
M.B.B.S., DNB (Medicine)
UPMCI-61030
Director & Consultant Physician
JPK Clinic & Diagnostics
(A Unit of JPK Hospitals & Trauma Centre Pvt. Ltd.)


भारत सरकार
 Government of India


आधार

Download Date: 03/08/2021


प्रमोद कुमार
 Pramod Kumar
 जन्म तिथि/DOB: 30/05/1990
 पुरुष/ MALE


Issue Date: 15/12/2014

2865 8622 5100
 VID : 9118 2166 7871 0769

मेरा आधार, मेरी पहचान


मोडकाल


भारतीय विशिष्ट पहचान प्राधिकरण
 Unique Identification Authority of India


आधार

पता:
 S/O: शिवनाथ, ग्राम गोविन्दपुर, पोस्ट देहधगपुर,
 देहधगपुर, सुल्तानपुर,
 उत्तर प्रदेश - 228125

Address:
 S/O: Shivanath, vill. govindpur, post.
 deehdhagpur, Dehdhagpur, Sultanpur,
 Uttar Pradesh - 228125



2865 8622 5100
 VID : 9118 2166 7871 0769

1047 | help@uidai.gov.in | www.uidai.gov.in

Dr. Pawan Kumar Singh
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MR Pawan Kumar

23.04.2023 11:06:17
JPK CLINIC AND DIAGNOSTICS
NORMAL COMPOUND SUPER MARKET
SULTANPUR

Location:
Room:
Order Number:
Indication:
Medication 1:
Medication 2:
Medication 3:

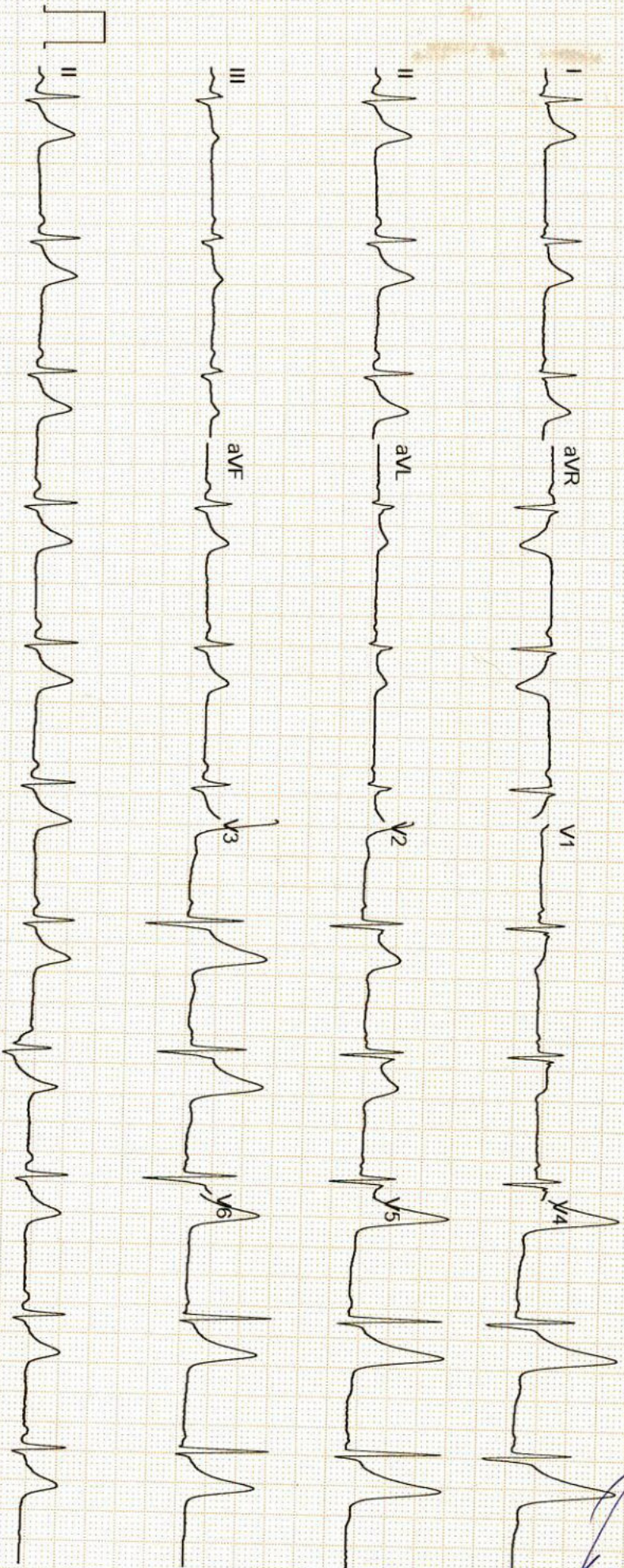
67 bpm
-- / -- mmHg

QRS : 84 ms
QT / QTcBaz : 380 / 401 ms
PR : 120 ms
P : 92 ms
RR / PP : 900 / 895 ms
P / QRS / T : 66 / 41 / 42 degrees

Normal sinus rhythm
ST elevation, consider anterolateral injury or acute infarct
** ACUTE MI / STEMI **
Abnormal ECG

Technician: DR. J.P. SINGH
Ordering Ph:
Referring Ph:
Attending Ph:

Handwritten signature



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GE MAC2000 1.1 12SL™ V241 25 mm/s 10 mm/mV ADS 0.56-20 Hz 50 Hz 4x2 5x3_25_R1 1/1



सर्वे सन्तु निरामया

राज डायग्नोस्टिक एण्ड मेडीकेयर

डिजिटल एक्सरे, पैथॉलाजी, अल्ट्रासाउण्ड

ठाकुर प्रसाद काम्प्लेक्स, निकट NY माल, गल्ला मण्डी मोड़, जिला अस्पताल रोड-सुलतानपुर

Report No : 19,811
 Patient Name : Mr. PRAMOD KUMAR
 Age (Y-M-D) : 0 - 0 - 0
 Sex : Male
 Referred By : DHS



Bill No. / Day Sr.-: 23-Apr-23 12
 Receiving Date : 23-Apr-23 12
 Reporting Date :

ULTRASONOGRAPHIC FINDINGS OF WHOLE ABDOMEN MALE.

LIVER

: Liver is normal in size and echogenicity .
 No focal or diffuse mass lesion seen.No IHBD dilatation seen.

GALL BLADDER

: Gall bladder is normal in distension & shows echofree lumen. Wall thickness is within normal limit. No obvious GB calculus / sludgeness noted.

PV/CBD

: Portal vein and CBD are normal in their course and calibre.

PANCREAS

: Pancreas is normal in size, contour & echotexture.

SPLEEN.

: Spleen is normal in size mm and echogenicity.
 No focal or diffuse mass lesion seen.

KIDNEYS

: Both kidneys are normal in size, contour and echopattern. Cortico medullary differentiation is normally preserved. No calculus or mass lesion is seen.No hydronephrosis is seen.

URETER

: B/L ureters are normally visualized.

U.BLADDER

: Urinary Bladder is normal in wall thickness with evidence of anechoic lumen. No calculi or mass lesion seen.

PROSTATE

: Prostate is normal in size,shape & echo-texture.
 No mass lesion is seen .

POST VOID

: Not done.

BOWEL

: Gaseous Bowel loops are normal in calibre & wall thickness.No dilated loops are seen.No ascitis or fluid collection seen in abdominal cavity.
 No obvious lymphadenopathy noted.

IMPRESSION

: **NORMAL FINDINGS**

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Dr. Amit Kumar
 M.B.B.S. MS
 Reg.No.-29176
Dr. Amit Kumar
 (Sonologist.)



Timings : 8.30 AM to 7.30 PM, Sunday, 9.00 AM to 2.00 PM.

This is Profession opinion clinicians are requested to correlate pathological finding with clinical feature.
 If there is any doubt please repeat test free of cost.

{ NOT FOR MEDICO LEGAL PURPOSE }



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Report No : 19,813
 Patient Name : Mr. PRAMOD KUMAR
 Age (Y-M-D) : 0 - 0 - 0
 Sex : Male
 Referred By : DHS



Bill No. / Day Sr.-: 23-Apr-2023
 Receiving Date : 23-Apr-2023
 Reporting Date :

X-RAY CHEST P.A.

TRACHEA- : Trachea is central,
 CARDIAC SHADOW- : The cardiac size and silhouette is normal.
 ANGLES- : Both costophrenic angles are clear.
 PARENCHYMA- : Both lung fields are clear & have normal volume bronchovascular pattern.
 C / T RATIO- : Normal
 MEDIASTINUM- : no mediastinal shift is seen.
 DOME OF DIAPHRAGM- : Both domes of the diaphragm are normal in position, outline & curvature.
 IMPRESSION- : NORMAL FINDING

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An ISO 9001:2015 Certified Center

Super Market, Sultanpur -228 001 (U.P.)

Ph. : 05362-241192, 9196008963

www.jpkhospitals.com



Patient ID : 044988
 Name : Mr. PRAMOD KUMAR
 Age/Gender : 32Y/M
 Date/Time : 24-04-2023/18:50
 Referred By : SELF

INVESTIGATION**RESULT****REFERENCE RANGE**

LRN-011868

BIO-CHEMISTRY**Liver Function Test (LFT)**

INVESTIGATION	RESULT	REFERENCE RANGE
Bilirubin Total	0.34 mg/dL	10.0 - 14.0 mg/dL 3-5 Days (Premature) 4.0 - 8.0 mg/dL 3-5 Days (Full Term)
Bilirubin Direct	0.14 mg/dL	0.0 - 1.0 mg/dL (Adult)
Bilirubin Indirect	0.20 mg/dL	0.0 - 0.2 mg/dL
SGOT	32.4 U/L	0.0 - 0.8 mg/dL
SGPT	25.8 U/L	upto 40 U/L (Males) upto 32 U/L (Females)
Alkaline Phosphatase	89.7 U/L	upto 41 U/L (Males) upto 33 U/L (Females)
Total Protein	6.87 g/dL	UPTO 125 U/L
Albumin	4.24 g/dL	6.0 - 8.0 g/dL
Globulin	2.63 g/dL	3.5 - 5.2 g/dL
A/G	2.6	1.5 - 3.0 g/dL 1 - 2

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:03

LRN-011867

Gamma Glutamyl transferase (GGT)

INVESTIGATION	RESULT	REFERENCE RANGE
GGT	23.4 U/L	5-36 U/L (Female) 8-61 U/L (Male)

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:02

LRN-011867

PSA Total

INVESTIGATION	RESULT	REFERENCE RANGE
PSA TOTAL	0.14 ng/mL	<4.00 ng/mL

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:03

LRN-011868

Blood Urea Nitrogen (BUN)

INVESTIGATION	RESULT	REFERENCE RANGE
Blood Urea Nitrogen (BUN)	10.4 mg/dL	5-18 mg/dL Infant/Child 6-20 mg/dL Adult

Rakesh Sharma
Lab Technician

Dr. Pawan Kumar Singh
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Dr. SHIWANGI
MBBS, DCP. (DNB)
Consultant Pathologist
JPK Clinic & Diagnostics
(A Unit of JPK Hospitals & Trauma Center Pvt. Ltd.)**Facilities Available**

- This is an Electronically Generated Report. This report is based on the specimen received. The report may need to be correlated clinically as laboratory
- ECG
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Ph. : 05362-241192, 9196008963

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Patient ID : 044988
Name : Mr. PRAMOD KUMAR
Age/Gender : 32Y/M
Date/Time : 24-04-2023/18:50
Referred By : SELF

INVESTIGATION

RESULT

REFERENCE RANGE

Sample Collection Time 24 Apr 2023 / 18:51

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LRN-011867

Serum Creatinine

Serum Creatinine

0.8 mg/dL

8-23 mg/dL Adult >60Yr

Male 0.9-1.3 mg/dL

Female 0.6-1.1 mg/dL

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LRN-011868

Total Cholesterol

Lipid Profile

151.2 mg/dl

Desirable < 200 mg/dL

Borderline 200-239 mg/dL

High > 240 mg/dL

Triglycerides

124.0 mg/dL

Normal < 150 mg/dL

Borderline High 150-199 mg/dL

High 200-499 mg/dL

Very high > 500 mg/dL

HDL

56.3 mg/dL

Low < 40 mg/dL

Normal 40 -60 mg/dL

High > 60 mg/dL

LDL

87.4 mg/dL

Optimal <100 mg/dL

Near Optimal 100-129 mg/dL

Borderline high 130-159 mg/dL

High 160-189 mg/dL

VLDL

24.8 mg/dL

Very high >190 mg/dL

15-30 mg/dL

Desirable < 20 mg/dL

Borderline High 21-39 mg/dL

High > 40 mg/dL

TC/HDL Ratio

2.6

(Less than 5.0)

LDL/HDL

1.5

UPTO 3.5

Sample Collection Time 24 Apr 2023 / 18:51

Rakesh

Rakesh Sharma
Lab Technician

Dr. Pawan Kumar Singh

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UPMCI-61330

Director & Consultant Physician
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Consultant Pathologist

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INVESTIGATION

RESULT

REFERENCE RANGE

Result Approval Time 24 Apr 2023 / 19:03

LRN-011867

Fasting Blood Sugar

Fasting blood sugar

85.6 mg/dL

70-110 mg/dl

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:03

LRN-011869

Glycosylated Haemoglobin

HbA1C

4.3 %

4-6% - NON-DIABETIC
6-7% - GOOD CONTROL
7-8% - FAIR CONTROL
>8% - ACTION SUGGESTED

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:03

LRN-011867

Uric Acid

Uric Acid

5.0 mg/dL

Male 4.0-8.5 mg/dL

Female: 2.7-7.3 mg/dL

Sample Collection Time 24 Apr 2023 / 18:51

Result Approval Time 24 Apr 2023 / 19:02

Rakesh

Rakesh Sharma
Lab Technician

Dr. Pawan Kumar Singh

M.B.B.S., DNB (Medicine)
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Dr. SHIWANGI

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Consultant Pathologist
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- Facilities Available**
- ECG
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 Name : Mr. PRAMOD KUMAR
 Age/Gender : 32Y/M
 Date/Time : 24-04-2023/18:50
 Referred By : SELF

INVESTIGATION**RESULT****REFERENCE RANGE**

INVESTIGATION	RESULT	REFERENCE RANGE
HAEMATOLOGY		
LRN-011865	Erythrocyte sedimentation Rate (ESR)	
Erythrocyte sedimentation Rate (ESR)	12 mm/hr	Male : 0 - 10 mm/hr Female : 0 - 20 mm/hr
Sample Collection Time 24 Apr 2023 / 18:51 Result Approval Time 24 Apr 2023 / 19:02		
LRN-011866	Blood grouping and Rh typing	
Blood Group	O	
RH Typing	POSITIVE (+)	
Sample Collection Time 24 Apr 2023 / 18:51 Result Approval Time 24 Apr 2023 / 19:02		
LRN-011864	Complete Blood Count	
Haemoglobin	15.0 g/dL	13-18g/dL(>15yr Adult Male) 12-15g/dL(>15yrAdult Female)
WBC Count	6220	4000-11,000/cumm
Differential Count		
Neutrophils	60 %	40-75 %
Lymphocytes	31 %	20-45 %
Eosinophils	02 %	01-08 %
Monocytes	07 %	02-10 %
Basophils	00 %	00-01 %
RBC Count	4.71 million/cumm	4.5-6.0 million/cumm (Male) 4.0-5.5 million/cumm (Female)
PCV	43.0 %	40-54 % (>15yr Adult Male) 34-48 % (>15yr Adult Female)
MCV	91.3 fl	75-95 fl
MCH	31.9 pg	26-32 pg
MCHC	35.0 %	30-35%
Platelet Count	165000 cells/cumm	150000 - 400000 cells/cumm
Mean Platelet Volume(MPV)	13.4 fL	7.5-11.5 fL
RDW-CV	13.6 %	11-16 %

Rakesh Sharma
Lab Technician

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Date/Time : 24-04-2023/18:50
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INVESTIGATION

RESULT

REFERENCE RANGE

RDW-SD 47.8 % 35-56 %

Sample Collection Time 24 Apr 2023 / 18:51

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Rakesh

Rakesh Sharma
Lab Technician

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Patient ID : 044988
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 Age/Gender : 32Y/M
 Date/Time : 24-04-2023/18:50
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INVESTIGATION**RESULT****REFERENCE RANGE**

LRN-011870

Clinical Pathology**URINE - ROUTINE/MICROSCOPY****PHYSICAL EXAMINATION**

Quantity in ml : 20 ML
 Urine Color : PALE YELLOW
 Reaction : ACIDIC

CHEMICAL EXAMINATION

Leukocytes : NEGATIVE
 Nitrite : NEGATIVE
 Urobilinogen : NEGATIVE
 pH : 6.0
 Blood : NEGATIVE
 Sp.Gravity : 1.025
 Ketone : NEGATIVE
 Bilirubin : NEGATIVE
 Glucose : NEGATIVE
 Protein : NEGATIVE

MICROSCOPIC EXAMINATION

Epithelial Cells : 1-2/HIGH POWER FIELD
 RBC : NIL
 Pus Cells : 2-3/HIGH POWER FIELD
 Casts : NOT SEEN
 Crystals : NOT SEEN

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Patient ID : 044988
 Name : Mr. PRAMOD KUMAR
 Age/Gender : 32Y/M
 Date/Time : 24-04-2023/18:50
 Referred By : SELF

INVESTIGATION	RESULT	REFERENCE RANGE
CHEMILUMINESCENCE IMMUNOASSAY		
Thyroid Function Test (T3, T4, TSH)		
LRN-011871		
T3	1.41 ng/mL	0.69-2.15
T4	76.5 ng/mL	52-127
TSH	1.69 μ IU/mL	21 weeks- 20 years: 0.7-6.4 μ IU/mL 21-54 years: 0.4 - 4.2 μ IU/mL 55- 87 years: 0.5 – 8.9 μ IU/mL Pregnancy: 1st Trimester: 0.24 – 2.99 μ IU/mL 2nd Trimester: 0.46 – 2.95 μ IU/mL 3rd Trimester: 0.43 – 2.78 μ IU/mL

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— End of Report —

Rakesh
 Rakesh Sharma
 Lab Technician

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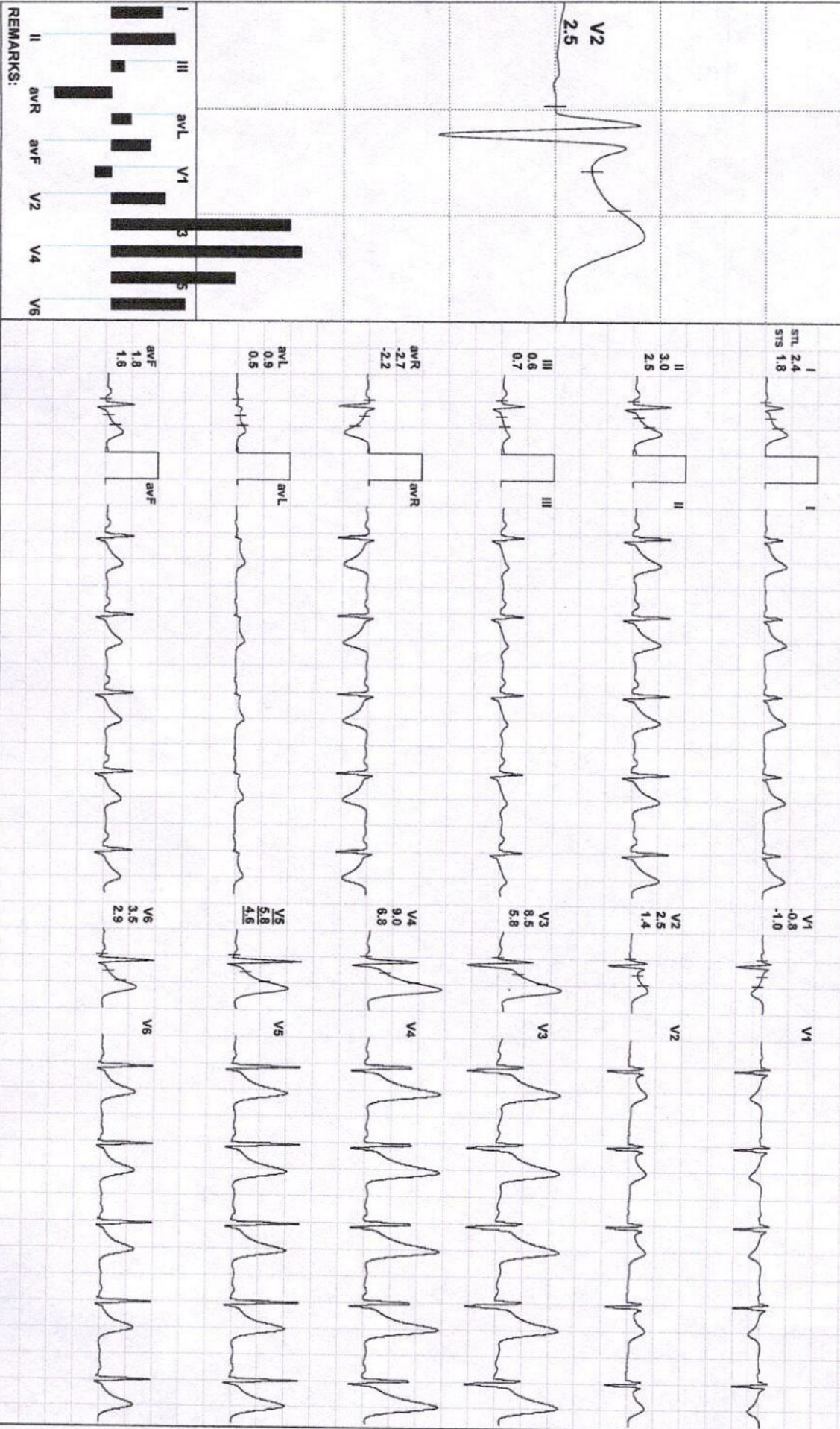
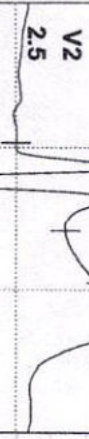


Date: 23 / 04 / 2023 11:18:30 AM METS: 1.0/ 90 bpm 48% of THR BP: 111/73 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 HZ/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%

4X 80 ms Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

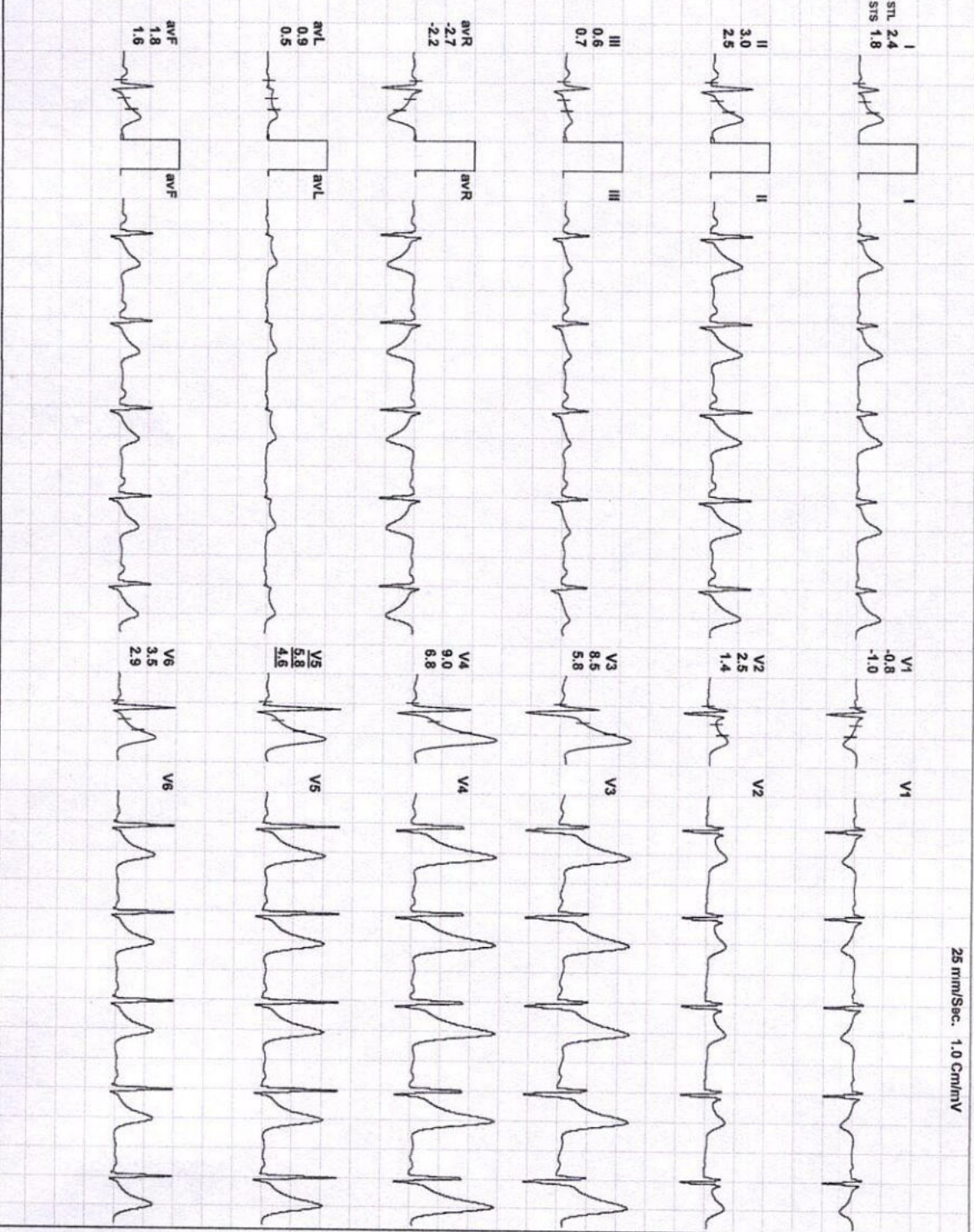
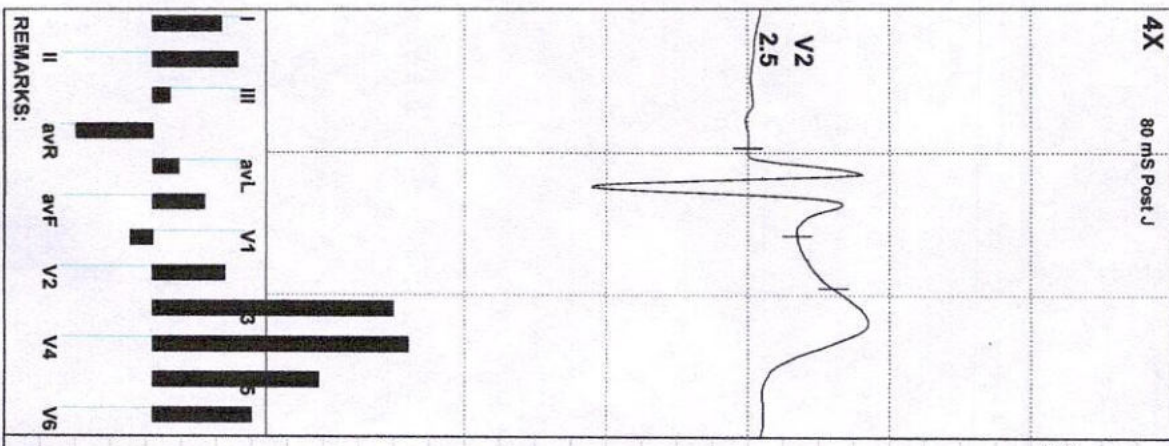
(ADX_GEM217220330)(R)Allengers

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Date: 23 / 04 / 2023 11:18:30 AM METS: 1.0/ 90 bpm 48% of THR BP: 111/73 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 HZ/LF 35 HZ

EXTime: 00:00 0.0 mph, 0.0%



REMARKS:

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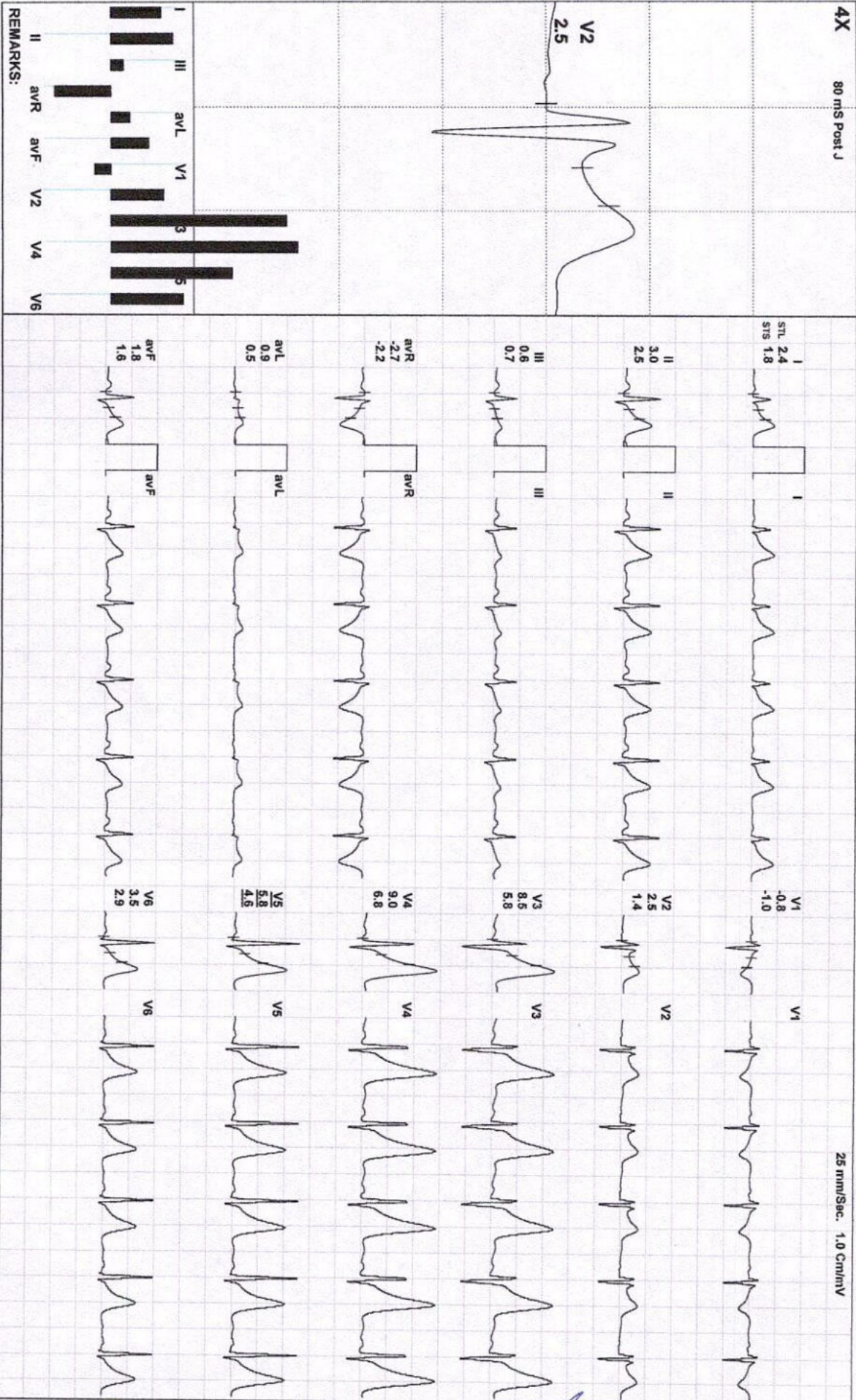


Date: 23 / 04 / 2023 11:18:30 AM METS: 1.0/ 95 bpm 51% of THR BP: 111/73 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

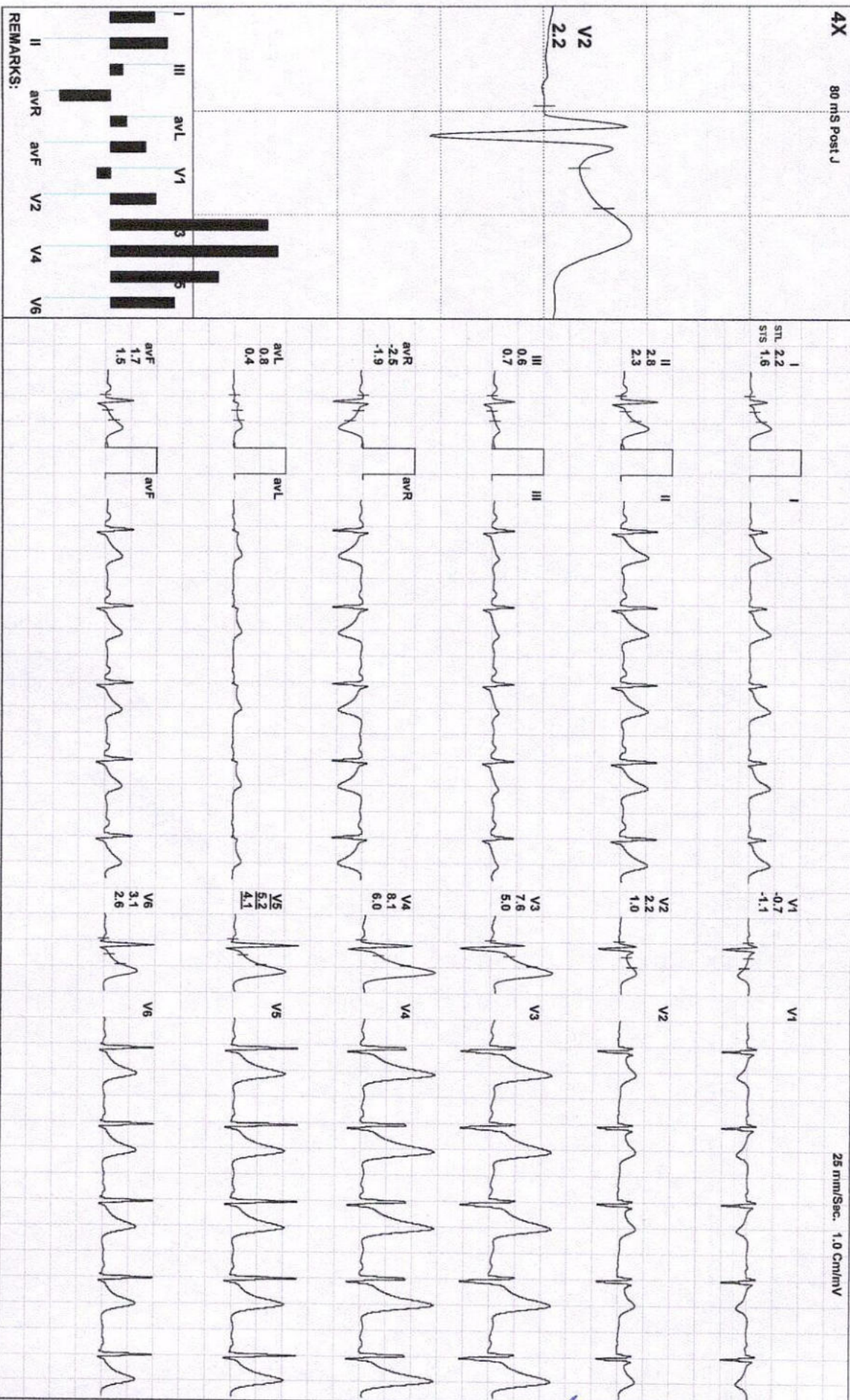
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Date: 23 / 04 / 2023 11:18:30 AM METS: 1.0/ 95 bpm 51% of THR BP: 111/73 mmHg Combined Medians/ BLC On/ Notch On HF: 0.05 Hz/LF 35 Hz

EXTime: 00:00 0.0 mph, 0.0%



(ADX_GEM217220330)(R)/Allengers

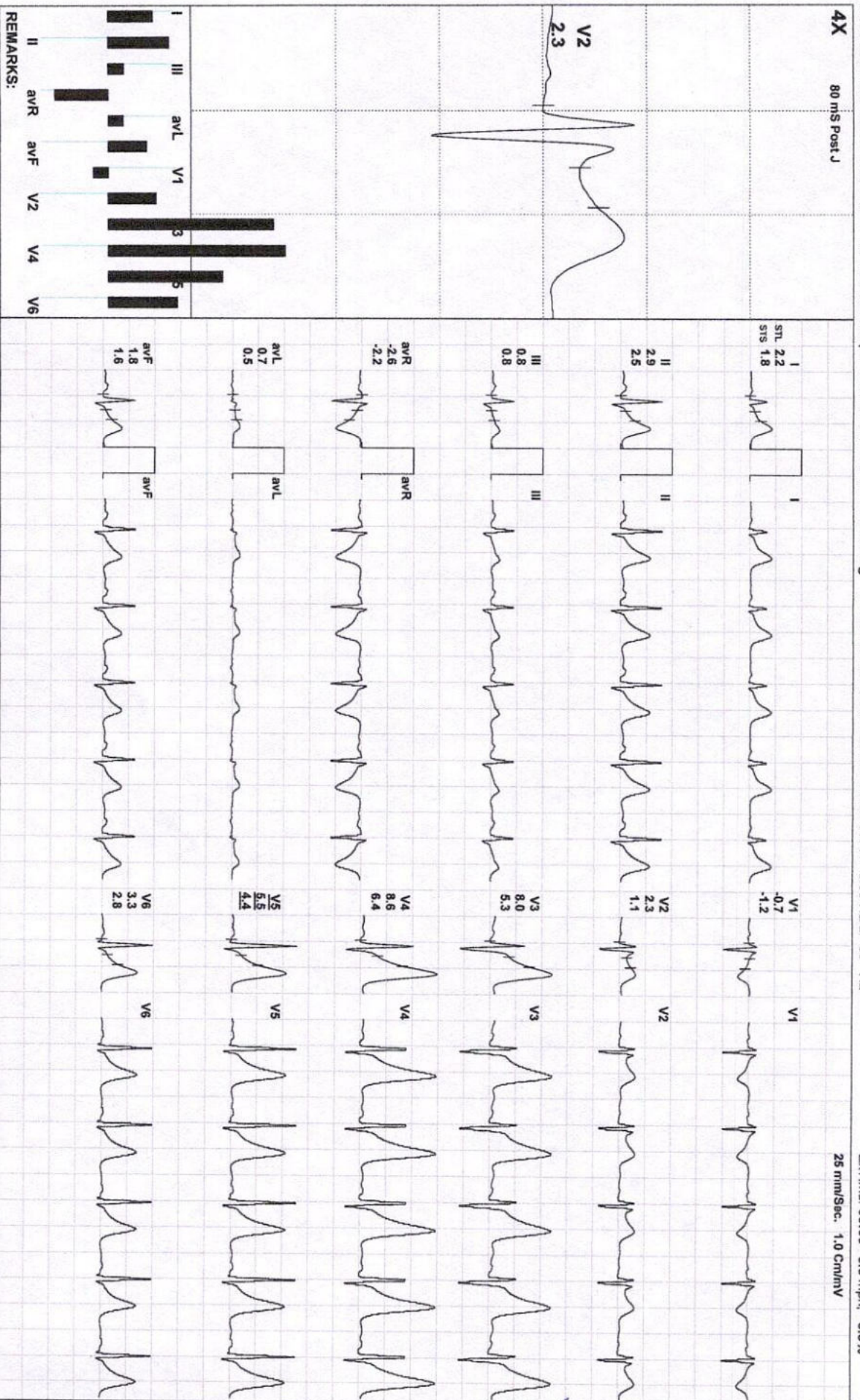
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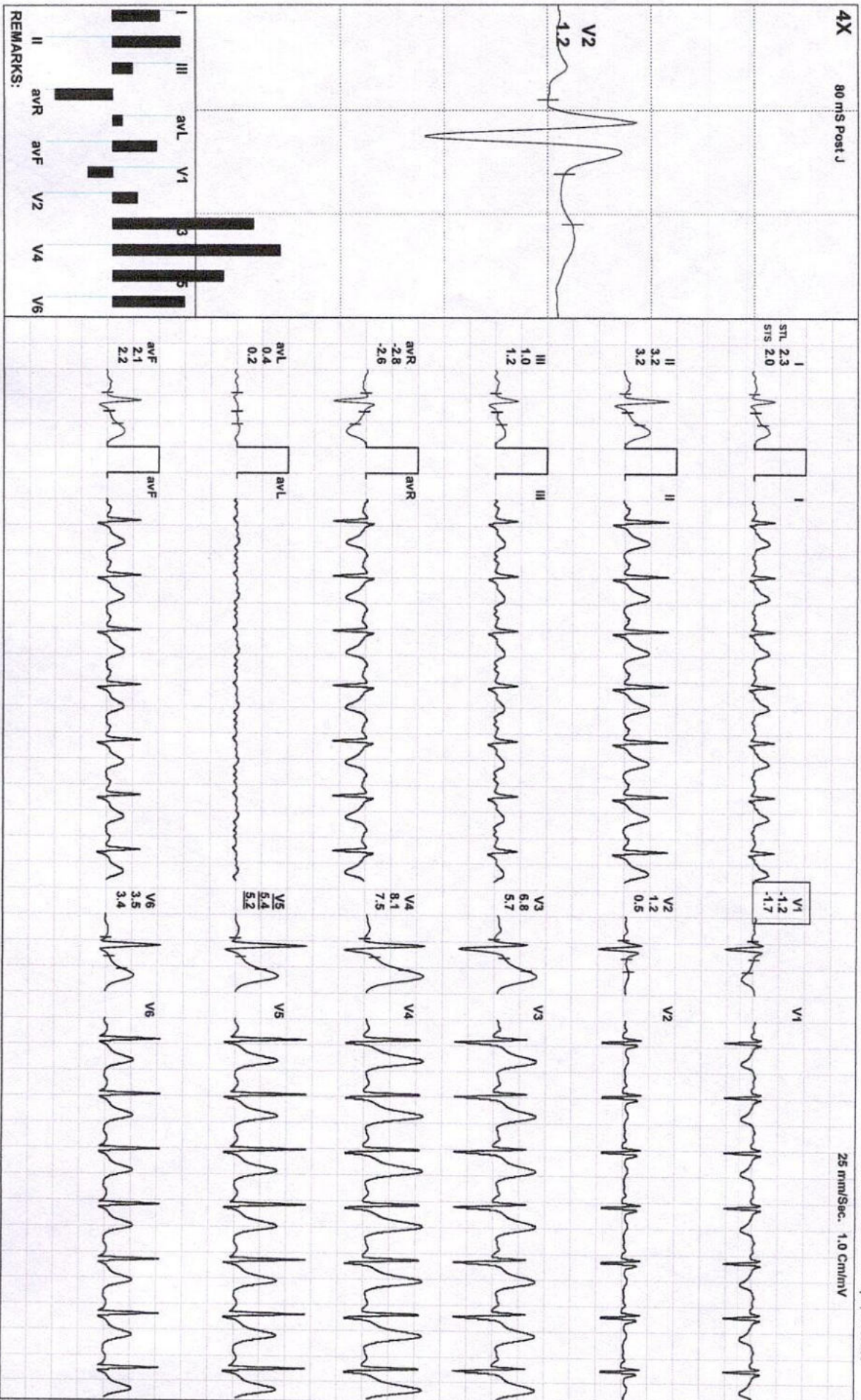
PRAMOD KUMAR / 32 Yrs / M / 162 Cms / 55 Kg / HR : 95

Date: 23 / 04 / 2023 11:18:30 AM METS: 1.0/ 95 bpm 51% of THR BP: 111/73 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 mph, 0.0%



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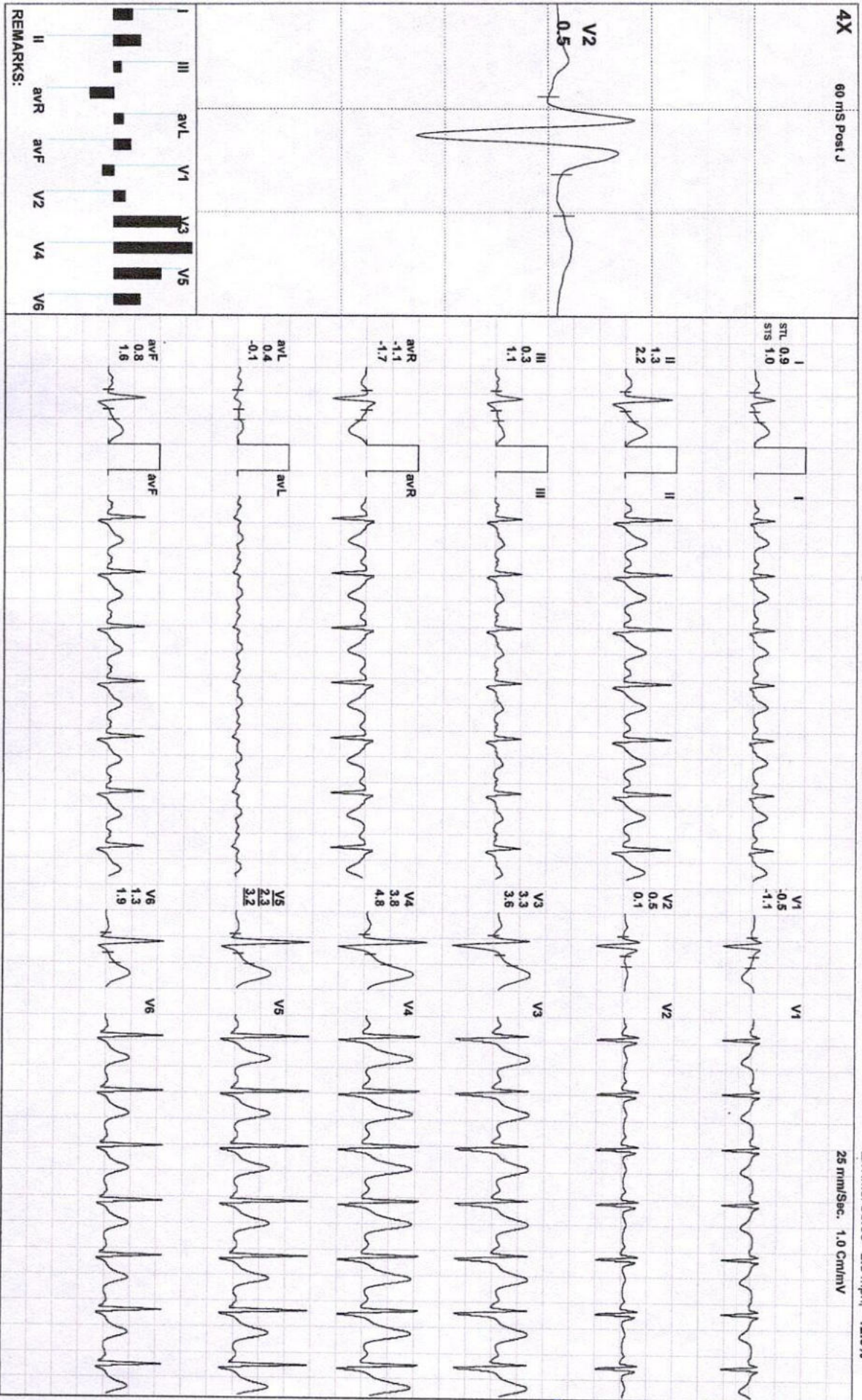
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PRAMOD KUMAR / 32 Yrs / M / 162 Cms / 55 Kg / HR : 136

Date: 23 / 04 / 2023 11:18:30 AM METS: 7.4 / 136 bpm 72% of THR BP: 120/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 06:00 2.5 mph, 12.0%



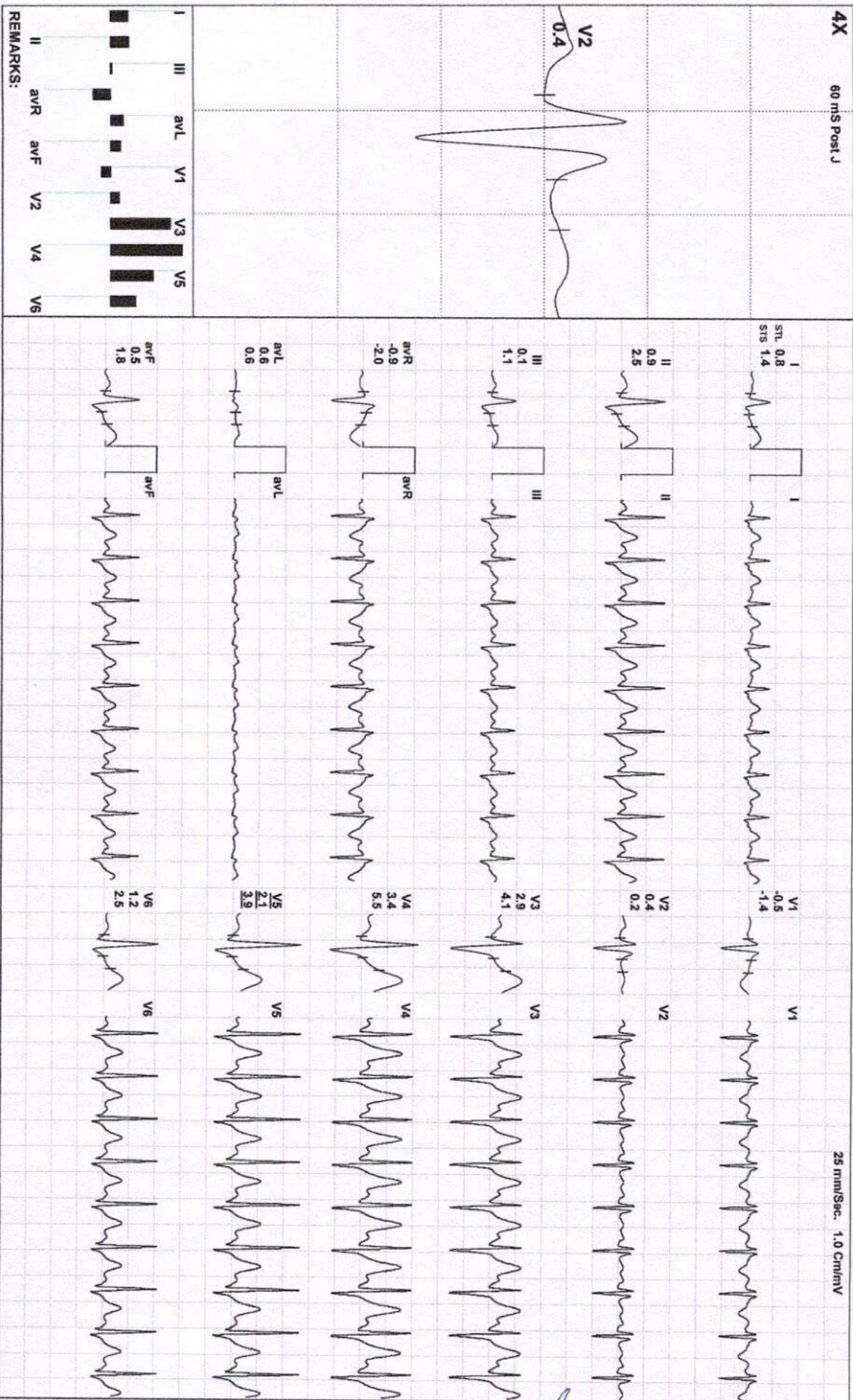
(ADX_GEM217220330)(R)/Allengers

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Date: 23 / 04 / 2023 11:18:30 AM METS: 10.2 161 bpm 86% of THR BP: 122/82 mmHg Combined Medians/ BLC On/ Natch On/ HF 0.05 Hz/ LF 35 Hz

EXTime: 09:00 3.4 mph, 14.0%



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PRAMOD KUMAR / 32 Yrs / M / 162 Cms / 55 Kg / HR : 170

PeakEX

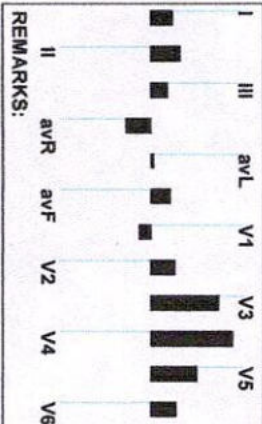
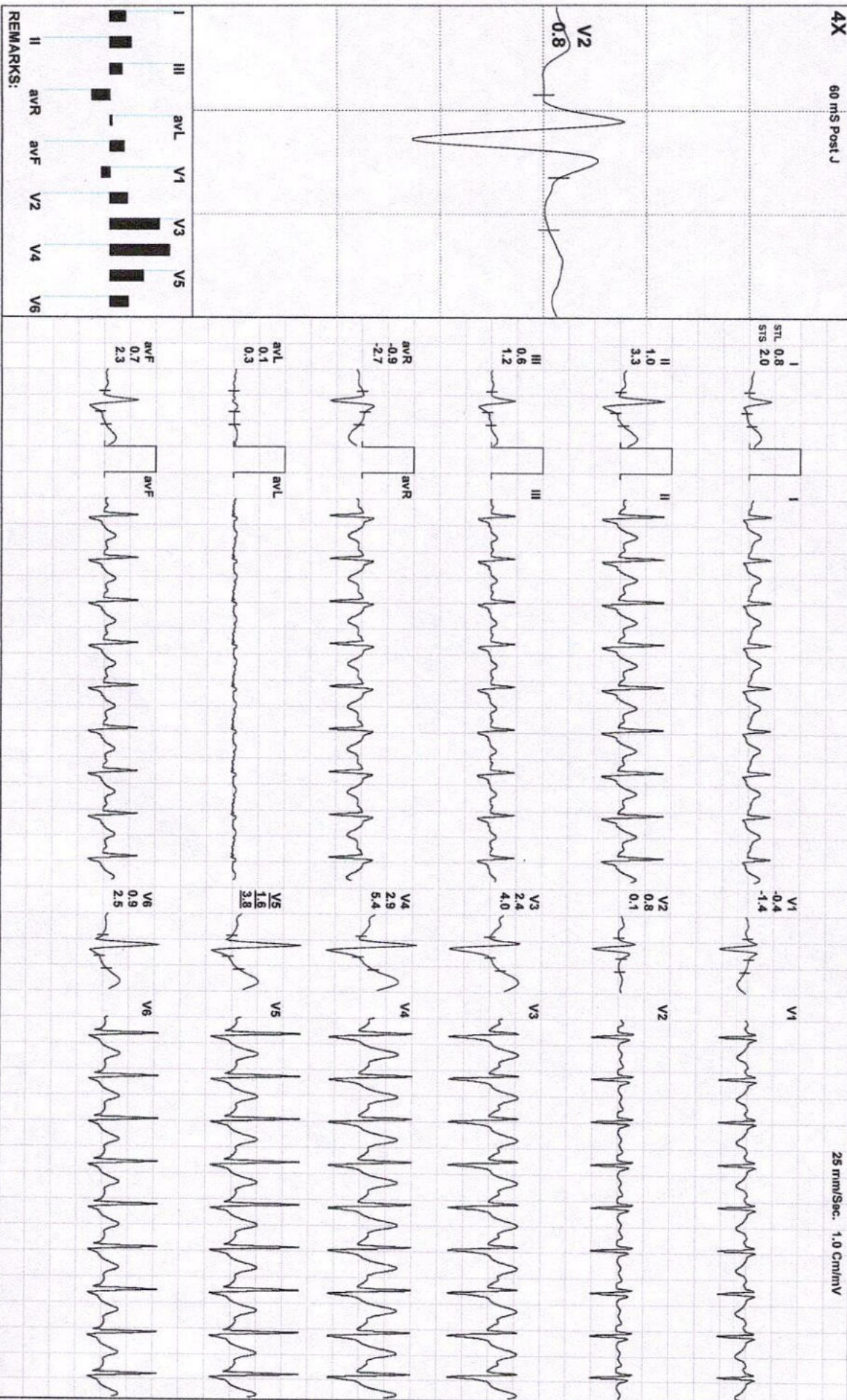


Date: 23 / 04 / 2023 11:18:30 AM METS: 11.4/ 170 bpm 90% of THR BP: 122/82 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 10:03 4.2 mph, 16.0%

4X 60 mS Post J

25 mm/Sec. 1.0 Cm/mV



REMARKS:

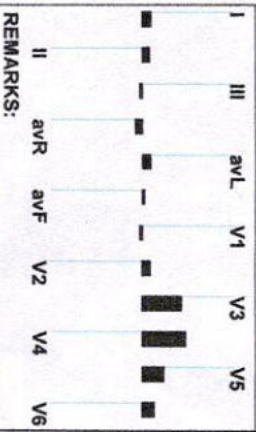
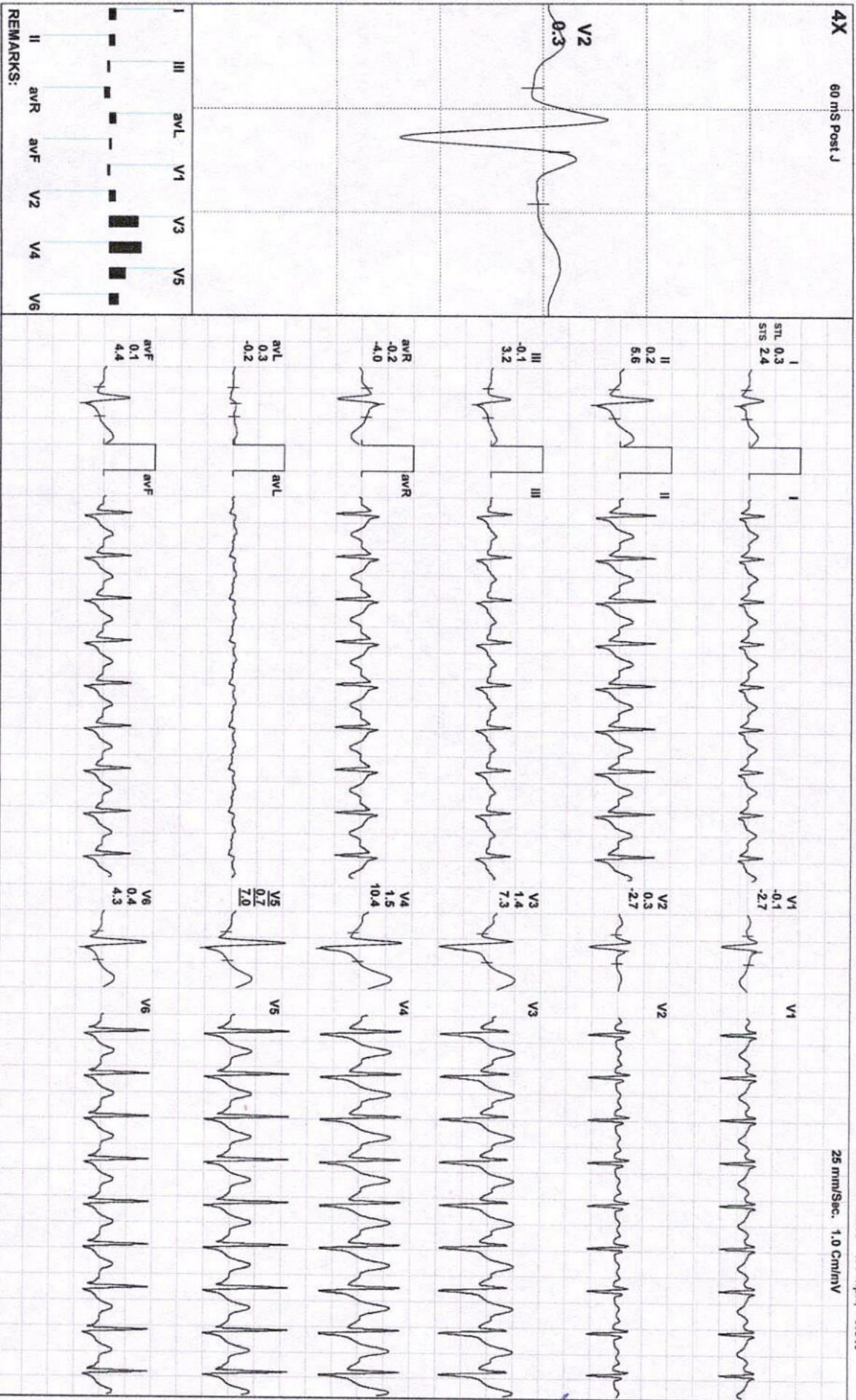
(ADX_GEM217220330)(R)Allergers

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Date: 23 / 04 / 2023 11:18:30 AM METS: 7.3/ 166 bpm 88% of THR BP: 122/82 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 HzLF 35 Hz

EXTime: 10:03 1.1 m/s, 0.0%



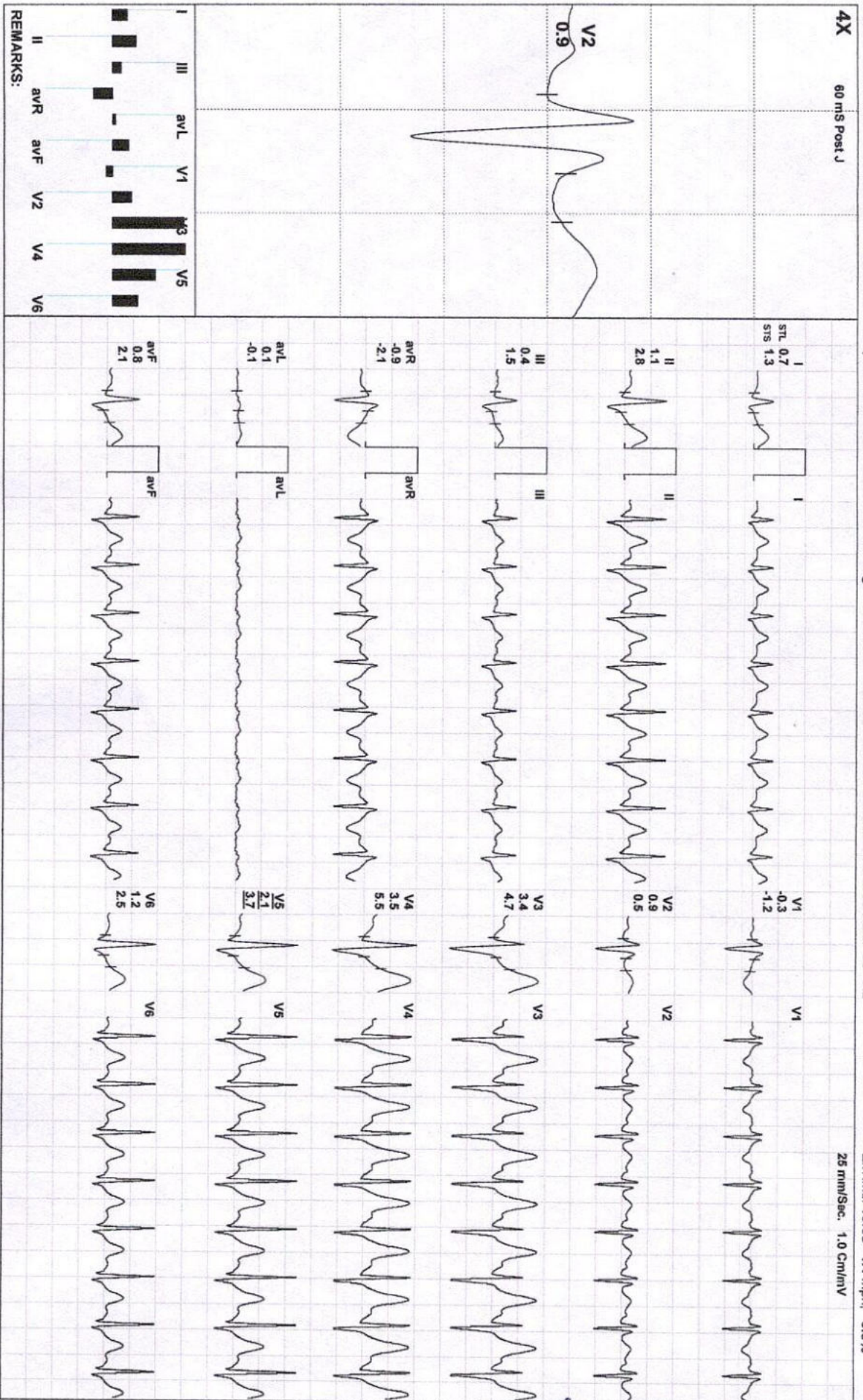
(ADX_GEM217220330)(R)Allergers

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Date: 23 / 04 / 2023 11:18:30 AM METS: 4.3/ 152 bpm 81% of THR BP: 124/85 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTime: 10:03 1.1 mph, 0.0%



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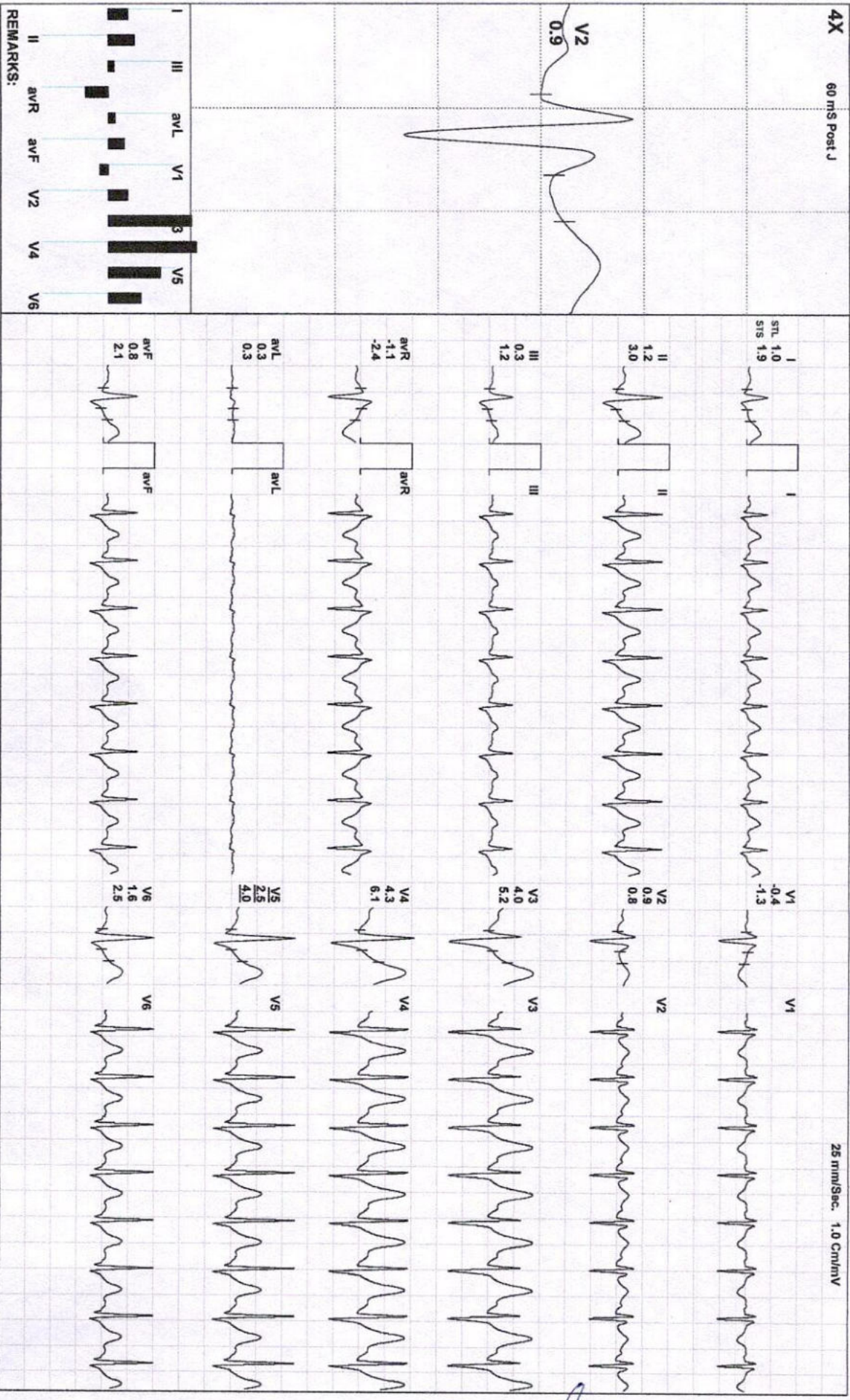
PRAMOD KUMAR / 32 YRS / M / 162 Cms / 55 Kg / HR : 147

Recovery(1:07)



Date: 23 / 04 / 2023 11:18:30 AM METS: 3.5/ 147 bpm 78% of THR BP: 124/85 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

EXTIME: 10:03 0.0 mph, 0.0%



(ADX_GEM217220330)(R)Allengers

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SUPER MARKET SULTANPUR Email:

Report



PRAMOD KUMAR / 32 Yrs / M / 162 Cms / 55 Kg
Date: 23 / 04 / 2023 11:18:30 AM Refd By : SELF Examined By: DR PAWAN KUMAR SINGH

Stage	Time	Duration	Speed(mph)	Elevation	METS	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:08	0:08	00.0	00.0	01.0	090	48 %	111/73	099	00	
Standing	00:11	0:03	00.0	00.0	01.0	090	48 %	111/73	099	00	
HV	00:19	0:08	00.0	00.0	01.0	095	51 %	111/73	105	00	
Warm Up	00:25	0:06	00.0	00.0	01.0	095	51 %	111/73	105	00	
ExStart	00:35	0:10	00.0	00.0	01.0	095	51 %	111/73	105	00	
BRUCE Stage 1	03:35	3:00	01.7	10.0	04.7	122	65 %	115/75	140	00	
BRUCE Stage 2	06:35	3:00	02.5	12.0	07.1	136	72 %	120/80	163	00	
BRUCE Stage 3	09:35	3:00	03.4	14.0	10.2	161	86 %	122/82	196	00	
PeakEx	10:38	1:03	04.2	16.0	11.4	170	90 %	122/82	207	00	
Recovery	11:08	0:30	01.1	00.0	07.3	166	88 %	122/82	202	00	
Recovery	11:38	1:00	01.1	00.0	04.3	152	81 %	124/85	188	00	
Recovery	11:45	1:07	00.0	00.0	03.5	147	78 %	124/85	182	00	

FINDINGS :

Exercise Time : 10:03
Initial HR (ExStrt) : 95 bpm 51% of Target 188
Initial BP (ExStrt) : 111/73 (mm/Hg)
Max Workload Attained : 11.4 Good response to induced stress
Max ST Dep Lead & Avg ST Value : V1 & -1.2 mm in Stage 1
Duke Treadmill Score : 10.1
Test End Reasons : Test Complete

Max HR Attained 170 bpm 90% of Target 188
Max BP Attained 124/85 (mm/Hg)
VO2Max : 39.9 ml/Kg/min (Fair)

REPORT :

TEST OBJECTIVE : ROUTINE CHECK UP
RISK FACTOR : NONE

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Doctor : DR PAWAN KUMAR SINGH

ACTIVITY	:	VERY ACTIVE
MEDICATION	:	NONE
BRIEF HISTORY	:	NOT SIGNIFICANT
REASON FOR TERMINATION	:	TEST COMPLETE
EXERCISE TOLERANCE	:	GOOD
EXERCISE INDUCED ARRHYTHMIAS	:	NO
HAEMODYNAMIC RESPONSE	:	NORMAL
CHRONOTROPIC RESPONSE	:	NORMAL
FINAL IMPRESSION	:	STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE

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